

# SNAPSHOT of the WIC Food Packages <sup>1</sup>

## Maximum Monthly Allowances of Supplemental Foods for Children and Women

Foods	Children	-----Women-----		
	Food Package IV 1 through 4 years	Food Package V: Pregnant and Partially Breast- feeding (up to 1 year postpartum)	Food Package VI: Postpartum (up to 6 months postpartum)	Food Package VII: Fully Breastfeeding (up to 1 year post- partum)
Juice, single strength	128 fl oz	144 fl oz	96 fl oz	144 fl oz
Milk <sup>2</sup>	16 qt	22 qt	16 qt	24 qt
Breakfast cereal <sup>3</sup>	36 oz	36 oz	36 oz	36 oz
Cheese				1 lb
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables	\$6.00 in cash value vouchers	\$10.00 in cash value vouchers	\$10.00 in cash value vouchers	\$10.00 in cash value vouchers
Whole wheat bread <sup>4</sup>	2 lb	1 lb		1 lb
Fish (canned) <sup>5</sup>				30 oz
Legumes, dry or canned and/or	1 lb (64 oz canned) Or	1 lb (64 ounce canned) And	1 lb (64 ounce canned) Or	1 lb (64 ounce canned) And
Peanut butter	18 oz	18 oz	18 oz	18 oz

<sup>1</sup> Refer to the regulatory requirements at <http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm> for the complete provisions and requirements for WIC foods.

<sup>2</sup> Allowable options for milk alternatives are cheese, soy beverage, and tofu.

<sup>3</sup> At least one half of the total number of breakfast cereals on State agency food list must be whole grain.

<sup>4</sup> Allowable options for whole wheat bread are whole grain bread, brown rice, bulgur, oatmeal, whole-grain barley, soft corn or whole wheat tortillas.

<sup>5</sup> Allowable options for canned fish are light tuna, salmon, sardines, and mackerel.